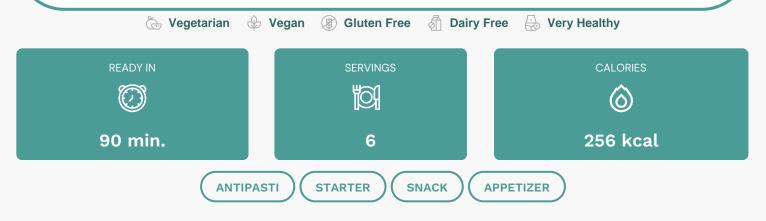


Korean-Inspired Black-eyed Peas and Kale Bowl



Ingredients

1.5 cups pea-mond dressing dried picked over rinsed
6 servings brown rice
1 tablespoon coconut aminos
2 cloves garlic minced
1 clove garlic clove minced
1 tablespoon ginger paste chopped
2 teaspoons ginger chopped

pressure cooker or large pot. For pressure cooking, seal the cooker and bring to high pressure Cook at high pressure for 10 minutes; then allow the pressure to come down naturally for minutes before releasing the pressure. For regular cooking, use 6 cups of water. Cover and simmer until peas are tender (60–90 minutes), adding more water if necessary. Drain the cooked peas, reserving 1 cup of liquid. Heat 2 tablespoons of water in a medium-sized non-stick saucepan. Add the 2 teaspoons chopped ginger root and 2 cloves of garlic. Cook for 2 minutes. Add the drained peas, 1/3 cup of their cooking liquid, 1 tbsp. soy sauce (or tamari), and reception pepper to taste. Simmer uncovered for 20–30 minutes, as you prepare the kale. Heat a deep, non-stick skillet. Add the chopped onion and cook until it begins to brown, adding a little water as necessar to prevent sticking.		12 ounces kale chopped
O.3 teaspoon pepper red to taste (gochugaru) O.5 teaspoon salt O.3 cup water Equipment bowl frying pan sauce pan pressure cooker Directions Combine the black-eyed peas, 5 cups water, 1 tbsp. ginger, 1 tbsp. garlic, and 1/2 tsp. salt i pressure cooker or large pot. For pressure cooking, seal the cooker and bring to high press Cook at high pressure for 10 minutes; then allow the pressure to come down naturally for minutes before releasing the pressure. For regular cooking, use 6 cups of water. Cover and simmer until peas are tender (60-90 minutes), adding more water if necessary. Drain the cooked peas, reserving 1 cup of liquid. Heat 2 tablespoons of water in a medium-sized non-stick saucepan. Add the 2 teaspoons chopped ginger root and 2 cloves of garlic. Cook for 2 minutes. Add the drained peas, 1/3 cup of their cooking liquid, 1 tbsp. soy sauce (or tamari), and reception pepper to taste. Simmer uncovered for 20-30 minutes, as you prepare the kale. Heat a deep, non-stick skillet. Add the chopped onion and cook until it begins to brown, adding a little water as necessar to prevent sticking. Add the red bell pepper and garlic and cook for another minute. Stir in the kale and 1/4 cu water and quickly cover. Steam until the kale is tender but still bright green, 3-6 minutes.		1 small onion chopped
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Remove from heat and stir in the soy sauce (tamari).		Add the red bell pepper and garlic and cook for another minute. Stir in the kale and 1/4 cup water and quickly cover. Steam until the kale is tender but still bright green, 3-6 minutes.
		Remove from heat and stir in the soy sauce (tamari).

Nutrition Facts
Serve with hot sauce, such as Sriracha or the Gochuchang sauce in the notes below.
kale on the other.
Place a serving of rice into each bowl. Arrange the black-eyed peas on one side of the riceand

PROTEIN 13.72% FAT 8.38% CARBS 77.9%

Properties

Glycemic Index:44.29, Glycemic Load:23.4, Inflammation Score:-10, Nutrition Score:28.912608820459%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 13.97mg, Isorhamnetin: 13.97mg, Isorhamnetin: 13.97mg, Isorhamnetin: 13.97mg Kaempferol: 26.62mg, Kaempferol: 26.62mg, Kaempferol: 26.62mg, Kaempferol: 26.62mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 15.22mg, Quercetin: 15.22mg, Quercetin: 15.22mg, Quercetin: 15.22mg

Nutrients (% of daily need)

Calories: 256.09kcal (12.8%), Fat: 2.41g (3.71%), Saturated Fat: 0.43g (2.69%), Carbohydrates: 50.46g (16.82%), Net Carbohydrates: 43.24g (15.72%), Sugar: 2.82g (3.13%), Cholesterol: Omg (0%), Sodium: 287.86mg (12.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.89g (17.77%), Vitamin K: 222.5µg (211.91%), Manganese: 2.41mg (120.53%), Vitamin A: 6006.25IU (120.13%), Vitamin C: 67.19mg (81.44%), Folate: 141.01µg (35.25%), Fiber: 7.22g (28.86%), Magnesium: 112.67mg (28.17%), Vitamin B1: 0.36mg (24.08%), Phosphorus: 232.4mg (23.24%), Vitamin B6: 0.43mg (21.62%), Calcium: 176.9mg (17.69%), Iron: 2.95mg (16.41%), Vitamin B3: 3.06mg (15.32%), Vitamin B2: 0.26mg (15%), Copper: 0.29mg (14.58%), Potassium: 492.56mg (14.07%), Zinc: 1.8mg (12.03%), Vitamin B5: 0.99mg (9.94%), Vitamin E: 0.69mg (4.59%), Selenium: 1.89µg (2.7%)